

What is Light Language?

Many of you may have heard of it and even experienced it. I chose this topic because I'm relatively new to it.

Sound healing opened up to me one day I was giving a Reiki session, doing my usual meditative breathing. I inhaled as normal, and on the exhale instead of just breath, I was startled to hear a tone come out.

After that, I allowed sound to come as it would during my Reiki sessions. Then I started to see what I could find about sound healing.

I began looking for information online about sound healing. I had a very powerful sound healing and communication from Peggy Black and her "Team", who are her guides. And after that I pursued more about sound healing, including David's course offered by The Shift Network, which in turn led me here to the school.

The first I heard about Light Language was through a woman I heard interviewed, and I don't recall who's program it was. She is a sound healer whose name is Peggy Black. And she first exposed me to sound healing as well as Light Language. After my session with Peggy Black, I discovered a Channel/Medium named Rachel Chamness, a Liquid Reiki practitioner, and a teacher of a light language whose course which I have taken includes an attunement.

From my research, we are all innately able to connect with Light Language, so I think some of us may become attuned through a variety of healing modalities we experience and not even realize it.

Most agree Light Language is a Heart Centered healing modality that bypasses the cognitive. Some consider it a communication of the Divine Feminine. And it is an expression of the Divine.

SO – what is Light Language?

According to Rachel Chamness of Sound Waves Heal, Light Language can be brought forth in the following ways:

1. Toning/Singing (even if you can't sing a note). As David says, You can't make a wrong note.
2. Speaking (often considered speaking in tongues, or Glossolalia – language that is not on this earth)
3. Drumming
4. Dancing
5. Written
6. Sign Language

And it is expressed in the following ways:

- Light Language is a Multidimensional Language of Frequencies, Codes, and Colors
- It is Sacred Geometry to Connect to Spirit and receive Healing.
- It activates your Higher Self, Your Multidimensional Being, your Healing Power.
- It can restore on all levels- DNA, Akashic Records, Cellular Memory, the Psyche, the Soul, & more.
- Opens & Clears Chakras, Removes Blockages, Recalculates Brainwaves, Awakens Soul Memories, Realigns Distorted Neural Pathways, Builds Lightbody, Aligns with True Self

AND MORE!

One good way to open to Light Language is through Heart Breathing. Focus on your heart as you inhale slowly to a count of six, then exhale slowly to a count of six. Allow yourself to open up to the heart's energy or song.

Light Language as I have begun to practice it:

I begin with how I usually begin my Qigong – with bouncing. Then as I bounce, I breathe.

Inhale through the nose, exhale through the mouth. And then I began to simply allow.

My body begins to sway and my arms may join in .

Then sound may come – anything from tones like singing, to more staccato or percussive vocals. Sometimes my fingers begin to articulate something akin to sign language.

I continue to allow until, breathing through my heart, I begin to feel that it is complete.

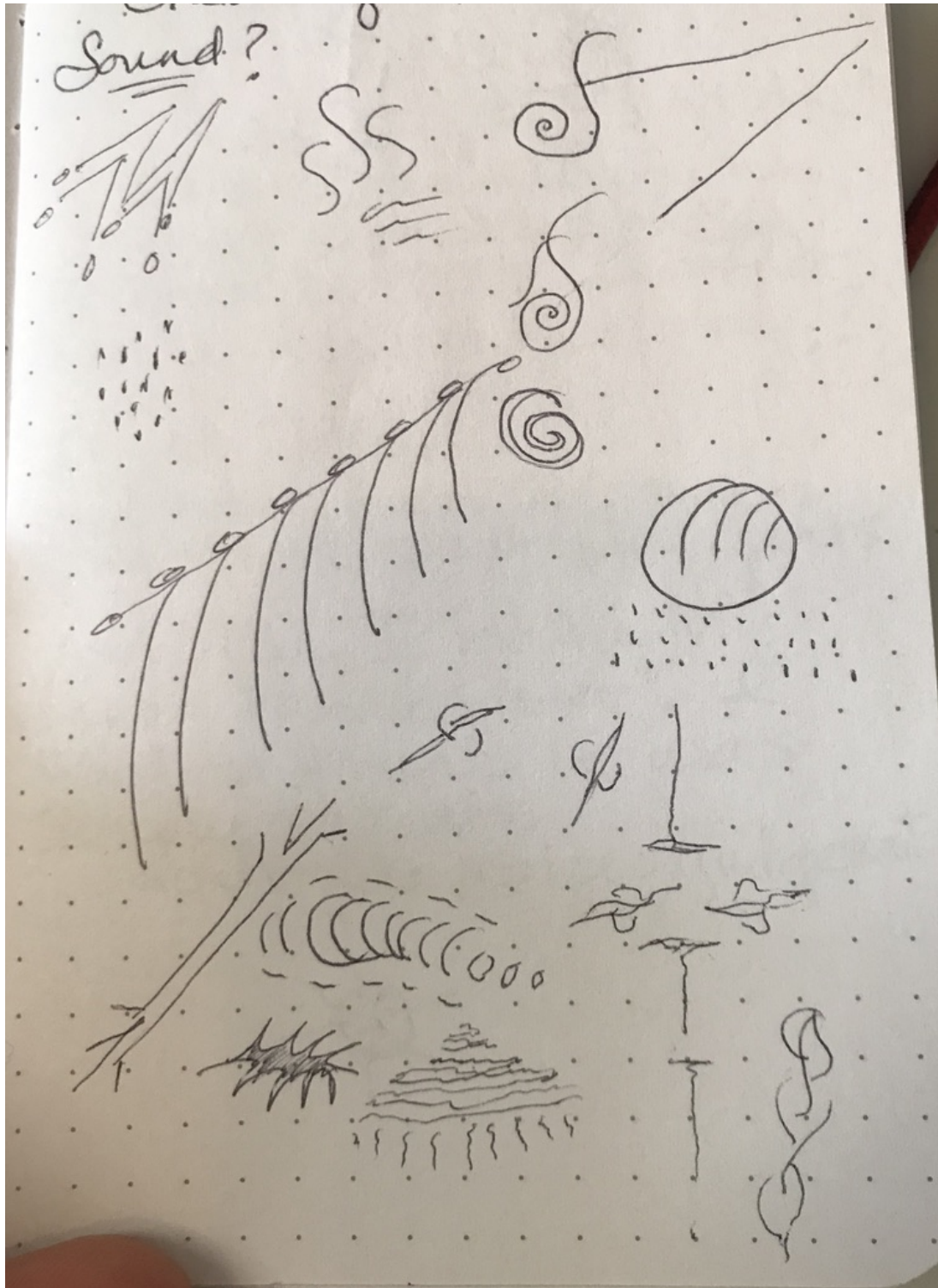
A personal experience that surprised me occurred the other morning in the shower.

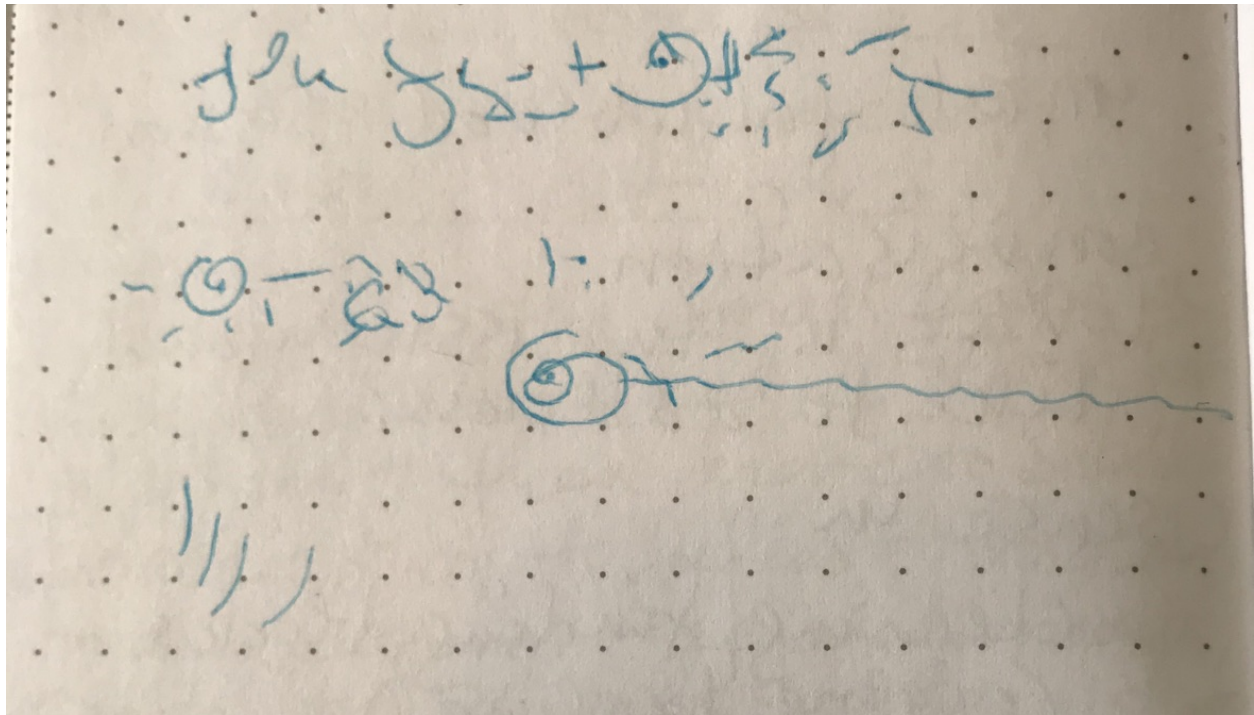
I began sensing into how I felt, then toning, which I often do. After a few moments, and quite abruptly, my tone changed to a higher pitch and more like a talking chipmunks type sound. At the same time my hands spontaneously came up and I was “signing,” my fingers waving and wiggling, left and right hands independent, yet talking with each other and to the world around me. Next the fingers on right hand began tapping my third eye as the chatting continued.

It felt powerful, healing, impromptu, and not directed at all by me. So, I believe it was a Light Language experience. Coming from where? I don't know. From my guides, Source, Angels? I do know I felt it strongly in my heart, and as an opening between my heart and my third eye.

A spontaneous healing experience.

Here is some of my written Light Language:





I can't say what they mean. I just know that they came through me when I was deep in meditation.

I suggest you explore online, search Light Language and see what calls to you. It's a very powerful addition to your healing energies.

Following are a couple of specific references:

Book.

Light Language Emerging: Activating Ascension Codes and Integrating Body, Soul, and Spirit
by Yvonne Perry

Website.

www.soundwavesheal.com Rachel Cobb Chamness

www.peggyblack.com

www.vanessalamorte.com

www.tomkenyon.com

YouTube

<https://www.youtube.com/watch?v=78OsPhINs1o>

LIGHT LANGUAGE ↔ DNA ACTIVATION & HEALING SOUNDS